

Sarah Bush Lincoln

Health

styles

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HEALING HURDLES

Cheryl Cosat takes an orthopedic detour for life-saving care.

FROM INCONSISTENCY TO TRIUMPH

The Medical Exercise Program at SBL changed Jasmine Smith's fitness game.





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Health Styles provides general information on health-related topics. It is not intended to be a substitute for professional medical advice, which should always be obtained from your physician.

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Health *styles*

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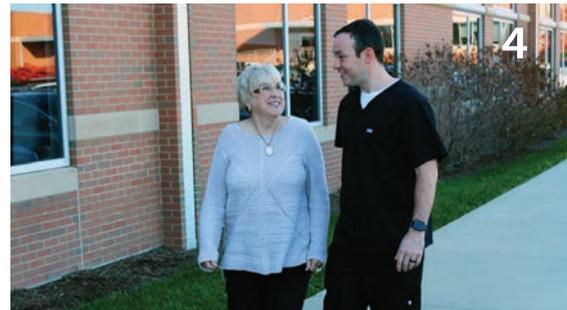
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40 Years of Cheers!

6 to 11 pm
Sat., March 9, 2024

Keller Convention Center, Effingham, IL

- Cocktail party with heavy hors d'oeuvres
- Music by 8South, Nashville, TN
- Wine & Whiskey Tasting
- Invitations are open to the public
- Reservations are required

\$85 per ticket

Call 217-258-2511 to purchase

Poker Tournament

Game type: Hold 'em - 80 person limit

Buy-in: \$100 (includes admission to Cheers!)

Time: 8 to 10:30 pm

Location: Conference Rooms 1 & 2

Grand Prize and runner-up prizes awarded



Funding Healthcare Scholarships



Nursing Units, Training and Education Center Unveiled

Two new nursing units and the Lumpkin Education Center are now in use following 18 months of construction at Sarah Bush Lincoln.

The expansion added five beds to the new Intensive Care Unit (formerly called Critical Care Unit) creating a 14-bed unit with larger, private rooms to accommodate equipment, caregivers and families. Adjacent to it is the Progressive Care Unit, which features 15 large, private rooms.

Colleen Swick, vice president of the Patient Care Continuum, said, “We have eagerly awaited the completion of construction so these rooms could be put into service. They are large and the unit is beautifully designed to better accommodate our patients and their needs. We believe our patients and their families will be pleased with these new spaces.”

All rooms have private restrooms, and the ICU rooms feature break-away glass doors to easily move patients and equipment throughout the unit. Four negative-pressure rooms are available to care for people with airborne illnesses.

Swick explained, “The space helps us accommodate our growing patient census. Since the early days of COVID-19, we have experienced a higher number of patients seeking inpatient care at Sarah Bush Lincoln.”



The building expansion also includes the new Lumpkin Education Center, which features seven meeting rooms and the Nightingale Training Center for clinical staff. The training center features simulation rooms for staff to practice procedures, a heart code room, computer training labs and the Health Occupations classroom. All the rooms are named for pioneers in medicine. An added bonus is the Commons, a space where employees and visitors can relax, enjoy lunch and visit. The Lumpkin Education Center opened in late November 2023.

“The Nightingale Training Center truly has the most contemporary technology available and will help us attract the brightest clinical talent in the area. To have a facility of this caliber is really special. Our staff is excited to put this space into use,” Swick said.

The \$30 million project included 21,500 square feet of renovated space and 37,389 square feet of new construction. Phase 2 of the project is underway, which converts the former Lumpkin Education Center into storage space for Materials Management.





Local Healing, Global Gratitude

**Catherine Bovard
embraces life after a
journey with breast cancer.**

Taking a trip to France in 2023 meant the world to Catherine Bovard, as she had traveled a difficult journey the year before.

Following a vacation to Ireland and London in 2022, Catherine's life took a turn for the worse. "It was the Fourth of July weekend, and I had noticed a dent in my breast," she explained. The Mattoon resident visited her primary care provider, Lucas Catt, MD, and he felt a lump. Catherine immediately underwent a mammogram, an ultrasound and a needle biopsy. "They told me that they'd be shocked if it wasn't cancer," Catherine said.

And the professionals were right. Catherine had triple-positive breast cancer.

Within a couple of weeks, Catherine had begun chemotherapy at the Sarah Bush Lincoln Regional Cancer Center. "It all happened really fast, which I was grateful for because during that unknown period, I was surfing the internet and everything was running through my mind," she said.

"All the doctors and staff at the Regional Cancer Center are amazing," Catherine said. "The doctors and nurses are so easy to talk to, and they are very compassionate." After 18 chemotherapy treatments, Catherine had a double mastectomy.

She regularly saw SBL Medical Oncologist Abdur Shakir, MD, along with Medical Oncologist Laura Raftery, MD.



“I don’t take things for granted like I used to. I stop and smell the roses more.”

—Catherine Bovard

margins,” meaning the surgeon was able to cut away all cancer until he reached healthy tissue. Since there were live cells in her lymph nodes, however, she took immunotherapy and chemotherapy after her surgery. A scan taken afterward showed no evidence of disease.

She rang the bell that signifies the end of treatment at the SBL Regional Cancer Center. Even with her family and the staff around her, Catherine remembers the moment with mixed emotions. “It’s exciting and scary all wrapped into one,” Catherine said. “I will continue with hormone therapy to suppress the estrogen in my body which fed the cancer, and I will continue with frequent checkups with my care team.”

Catherine continued, “The cancer diagnosis and treatment has been the hardest thing I have ever had to go through. I had an amazing support group led by my wonderful husband, Mark, along with friends and family. We are so fortunate to have them so close. I can’t imagine driving an hour for my treatments.”

Catherine’s life was put on hold during her battle. To help maintain her immune system, she didn’t attend social functions like she used to, and she especially didn’t travel. Now, she’s starting to live her life again. “I don’t take things for granted like I used to. I stop and smell the roses more,” she said. “Now, I want to help as many people as I can by sharing what I learned.”

Catherine received radiation therapy every weekday for 33 days. It took a toll on her, but she is thankful for Radiation Therapists Kristy Hutton and Doug Worman for guiding her through each session. “They were phenomenal,” she said. “I saw them every day, and they walked me through the treatment and made me feel comfortable.”

During surgery, doctors found that there was cancer in some lymph nodes that previously went undetected. The nodes and breast tissue were removed with “clean

Catherine now supports people who are fighting their own battles, by sharing with the recently diagnosed what she learned about chemotherapy and radiation treatment.

She’s also taking time for herself. Bovard now exercises regularly with a trainer to gain her strength back. With her energy returning, she began traveling again and recently traveled to Paris to celebrate her journey and the completion of active treatment. “I finally feel like I’m getting my groove back,” Catherine said.



For more information about the SBL Regional Cancer Center, call **217-258-2250**.



Healing Hurdles

Cheryl Cosat takes an orthopedic detour for life-saving care.

When Mattoon native Cheryl Cosat popped into SBL Orthopedics and Sports Medicine for swelling two days before a scheduled hip replacement, the last thing she expected was to then visit the Emergency Department for a life-saving intervention.

On an August 8th visit to Cheryl's house, a friend pointed out to Cheryl that her left leg was very swollen. "I thought it was my hip maybe acting up prior to the surgery," she said.

Because Cheryl thought it was related to her hip, she called SBL Orthopedics and Sports Medicine to explain the swelling and to ask Certified Physician Assistant Kendal Butler, PA-C, to call her back. Butler wanted to see her right away.

Cheryl's friend took her to see Butler, and after examining her leg, he directed Cheryl to go to the Emergency Department (ED). "I don't remember him

telling me why; all I can remember him saying was, 'You need you to go to the ED right now,'" Cheryl explained.

Cheryl's friend took her to the Emergency Department where the two learned why Butler was so adamant. Cheryl had blood clots in her leg and in her lungs.

The news shocked Cheryl. "It was very traumatic for me, especially when they said there were blood clots in the lungs, because I know how serious that is," she said. "I never dreamed it was blood clots." Cheryl stayed overnight at SBL and was administered medicine right away. Luckily, she didn't need surgery to remove the blood clots, as the medicine dissolved the clots over time.

Three days prior to her rescheduled hip replacement, an EKG revealed that at some point she had suffered a heart attack. As it happens sometimes, Cheryl had no idea the heart attack had occurred. Her heart recovered, and she was cleared to proceed with

“Every time I see him, I tell him that he saved my life because I really believe he did.”

—Cheryl Cosat

surgery. Due to the complications, her surgery was pushed into September. “For whatever reason, I was not meant to have that surgery at that time,” Cheryl said.

Despite the detour, Cheryl remains appreciative of the care the emergency department staff provided. “They were really busy, but I have never been treated better,” she said.

With the blood clots gone, Cheryl had her left hip replaced on September 14. SBL Orthopedic Surgeon Louis Mendella, DO, DC, performed the replacement, and she couldn’t be more pleased with how the surgery went.

Following the procedure, Cheryl improved her mobility through physical therapy. “Before the surgery, I used a walker and I could hardly do anything,” she explained. “Everything I couldn’t do then, like cleaning the house, I can do now.” Cheryl knew what to expect of Dr. Mendella from her prior surgeries, and she was again thankful for his caring approach.

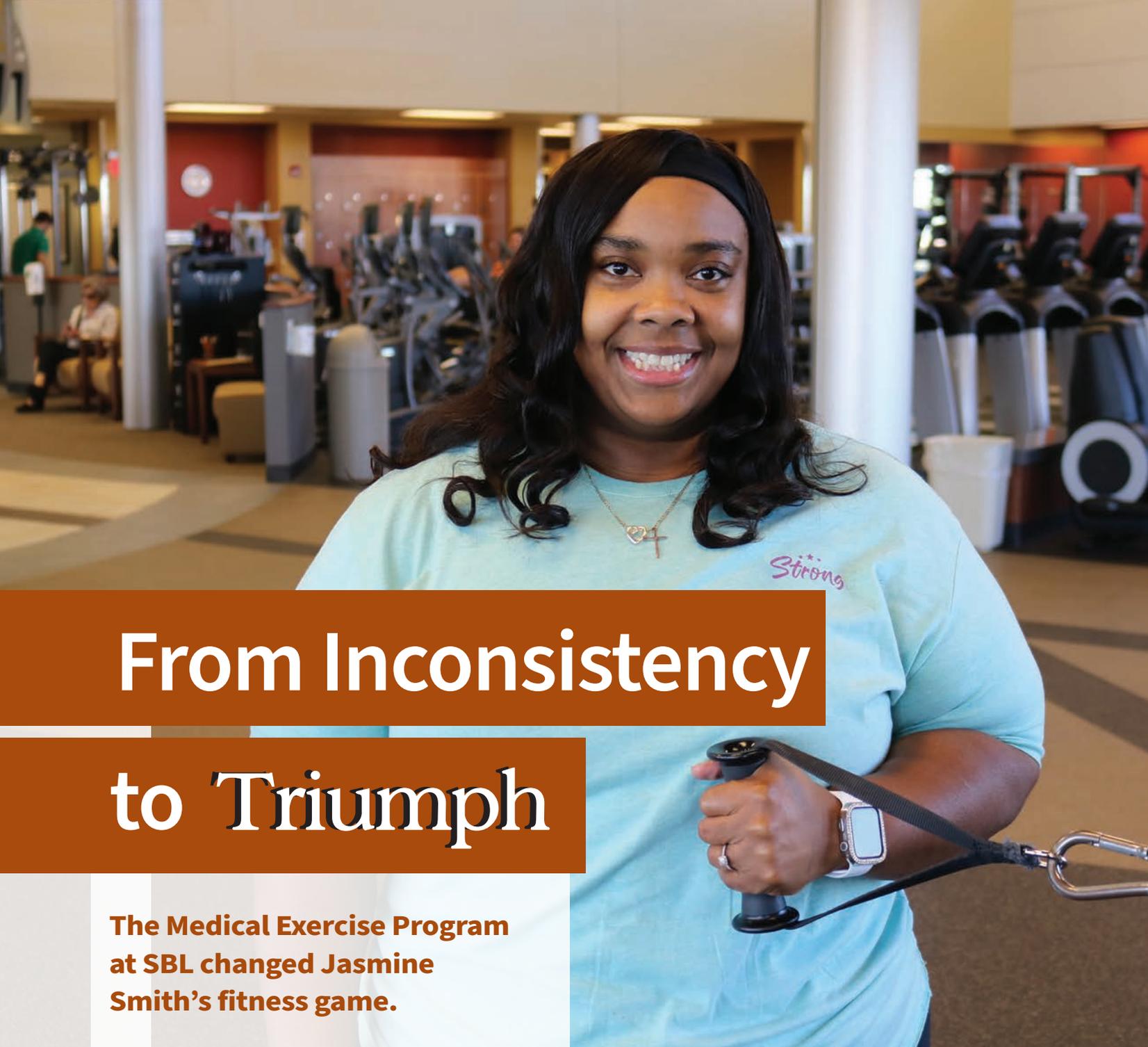
Cheryl’s entire experience was wonderful, she said. Butler, Dr. Mendella and other Orthopedics and Sports Medicine staff visited Cheryl following her surgery to see how she was doing. Out of all the staff who cared for her, Cheryl is most thankful for Physician Assistant Kendal Butler. “Every time I see him, I tell him that he saved my life because I really believe he did,” Cheryl said.



Cheryl Cosat with Kendal Butler, PA-C



For more information or to make an appointment at SBL Orthopedics & Sports Medicine in Mattoon, call **217 238-3435**, or for the SBL Bonutti Clinic in Effingham, call **217 342-3400**.



From Inconsistency to Triumph

The Medical Exercise Program at SBL changed Jasmine Smith's fitness game.

Jasmine Smith's daily routine never included working out at a gym, but that changed a year ago. Jasmine wanted to lose weight and build muscle, but she didn't know how. During the pandemic, she began working out at home, and when restrictions eased, she visited a community gym. But she was inconsistent. "I needed structure," she explained. "I would work out, but I wasn't sure that I was doing the exercises correctly. I didn't know if I was doing what I needed to do to be on the right track."

Jasmine then learned about the Medical Exercise Program at Sarah Bush Lincoln's Center for Healthy Living. During the three-month Medical Exercise

Program, SBL exercise specialists work with participants to help them meet individual goals and it offer options to make positive lifestyle changes.

Since completing it, Jasmine is committed to the gym, and she has made tremendous strides toward her health goals. One of the biggest changes she has made is prioritizing exercise. "I look forward to the end of the work day because I know I'm headed straight to the gym," she said. "Even if it's just doing an active recovery day, I know working out will help make my day."

Even when the Charleston resident is away from home, she plans ahead to ensure she can exercise each day. "If I'm booking a hotel, I make sure that it has a gym,"



“I’m thankful to Seth and Michelle for providing me with a structured future for success.”

—Jasmine Smith

Jasmine explained. “I want to continue to make choices that align with my goals.”

SBL Exercise Specialist Seth Bland guided Jasmine through the Medical Exercise Program, crafting workout routines designed for her needs and acquainting her with various exercises and weight machines. Jasmine is grateful for Bland’s guidance and expertise. “He is heaven-sent,” she said. “He is very educated, and he explains everything thoroughly. He gave me the foundation I needed to exercise on my own.”

Jasmine has lost more than 120 pounds and has increased her muscle mass. “Exercise not only changes your body, but it changes your mind, your attitude and your mood,” she said.

The other important lifestyle change is her commitment to eating a healthy diet.

As part of the Medical Exercise Program, Jasmine met with Registered Dietitian Michelle Schultz. “Michelle is very helpful and is a phenomenal communicator,” Jasmine explained. “She sets you up with the tools you need to continue to better yourself and your eating habits every day.”

Jasmine said Michelle helped her better manage her food intake. She avoids overeating by eating “fun” foods in moderation, for example. Because she exercises frequently, Jasmine has incorporated more protein into her diet. More recently, Schultz provided emotional support to Jasmine, as well. “I lost my grandmother in August, close to my birthday, and I was overwhelmed by emotions,” Jasmine explained. “While I was going through that, I knew that I just needed to talk to Michelle. She said if I slip, I can always pick up where I left off.”

Every day, Jasmine lives by the motto, “Proper Preparation Prevents Poor Performance.” With help from Bland and Schultz, Jasmine has more energy each day, and she continues to lose weight and build strength. They gave her the dietary and exercise advice she needed to shape her days. “I’m thankful to Seth and Michelle for providing me with a structured future for success,” Jasmine said.



For more information about the SBL Center for Healthy Living’s Medical Exercise Program, call **217 238-3488**.

Sarah Bush Lincoln

Welcomes

Sandra Ettema, MD

Otolaryngology

Before joining the SBL medical staff, Otolaryngologist Sandra Ettema, MD, taught in the Department of Otolaryngology - Head and Neck Surgery at the Southern Illinois University (SIU) School of Medicine in Springfield. As an associate professor, she also performed surgeries and provided primary care.

“I enjoyed teaching, but now I want to be able to do more teaching to the people I treat,” she said about her decision to leave the university for a position at Sarah Bush Lincoln. “I want to focus my career more on the family and community aspect of healthcare.”

Dr. Ettema built strong bonds with people in the rural communities where she served previously. She understands that it can be difficult to get specialized services in rural areas, so she’s excited to practice at SBL.

Dr. Ettema grew up on a vegetable farm near Streator, IL. While her friends were working at restaurants and stores, she was helping her parents on the farm. “I’m a farm girl at heart, and I worked at home a lot,” she said. From growing up on the farm to treating people in smaller communities, Dr. Ettema appreciates the rural lifestyle.

Before she arrived, Dr. Ettema was familiar with the ear-nose-throat team. She had received referrals from SBL Otolaryngologists Charly Nguyen, MD, and Michael



Smith, MD—and she is close friends with SBL Otolaryngologist Lori Cudone, MD.

The two met at the SIU School of Medicine when Dr. Ettema was a fellow and Dr. Cudone was a resident. “We have been good friends throughout the years,” Dr. Ettema said. “She has always loved her job here. She thoroughly enjoys working here, and she’s part of the reason I wanted to come here.”

“I enjoyed teaching, but now I want to be able to do more teaching to the people I treat.”

—Dr. Sandra Ettema

Dr. Ettema brings with her a wealth of knowledge. She has vast experience in working with voice disorders, disorders of the larynx, swallowing disorders, airway breathing disorders and general ENT issues.

To help Dr. Ettema perform her surgeries, SBL purchased a new videostroboscopy tower, which helps physicians view their patients' vocal cords. This device allows Dr. Ettema to see inside a person's throat in live time. Rather than scrubbing through recorded video and photos, this tower allows Dr. Ettema to identify any possible issues in real time.

A strobe light on the tower helps Dr. Ettema see a person's vocal cords vibrate in “slow motion,” allowing her to better inspect them. The tower also features a narrowband light which shows the blood vessels in the vocal cords, which can help Dr. Ettema spot lesions earlier.

“I can see the motion and even the underside of the vocal cords with the strobe light, so when someone has a lesion or an early sign of cancer, I can find that sooner,” Dr. Ettema explained.

Dr. Ettema is looking forward to caring for people and becoming embedded in the community. “I missed building bonds with people in rural areas, and that's what I love doing,” Dr. Ettema said.

Dr. Ettema specializes in:

Voice Disorders and Disorders of the Larynx (Voice Box)

- paralyzed vocal cords (vocal cord injections/implants)
- vocal nodules
- vocal cord cysts, lesions, Reinke's edema, etc.
- paradoxical vocal cord motion disorder/inducible laryngeal obstruction
- muscle tension dysphonia
- laryngoceles
- spasmodic dysphonia (Botox-A injections)
- professional voice use (singers, clergy, lawyers, coaches, etc.)
- recurrent respiratory papillomatosis

Swallowing Disorders (difficulties swallowing/Dysphagia)

- after stroke, surgery, cancer of the head and neck, radiation treatment, etc.
- associated with neurologic disorders (MS, ALS, Parkinson's Disease, etc.)
- in the pediatric population with regard to tongue tie, feeding, laryngeal cleft, aspiration, etc.
- as a result of acid reflux, upper esophageal stricture, prominent cricopharyngeus
- Zenker's diverticulum
- associated with lymphedema of the head and neck

Airway/Breathing Disorders

- tracheostomy care and placement
- tracheal stenosis/subglottic stenosis (airway narrowing)
- paradoxical vocal cord motion disorder/inducible laryngeal obstruction
- glottic stenosis (cricoid joint fixation - inability for the vocal cords to open)
- chronic cough

Other general ENT disorders

- tonsillitis/tonsillectomy, adenoidectomy
- otitis media/ear tubes
- sleep apnea
- laryngopharyngeal reflux
- sialorrhea (excessive drooling)
- chronic cough



To schedule an appointment with Dr. Ettema, call the SBL ENT Clinic at **217 258-2409**.

Sarah Bush Lincoln

Women's Healthcare



Carlos Sierra, MD

Obstetrics & Gynecology

Life almost turned out very differently for Obstetrician/ Gynecologist Carlos Sierra, MD.

Growing up in Puerto Rico, he admired his childhood dentist and initially chose that career path. "After I was accepted in dentistry school, all of a sudden I thought, 'Do I want to do this the rest of my life? No, I want to become a physician,'" he explained.

After changing paths to attend medical school, his specialty was still undecided. He initially thought cardiology was

his calling, but during rotations in labor and delivery, he found an appreciation for women's healthcare. "I thought, 'This is it!'" he said.

Dr. Sierra explained that he always believed his calling was to be a surgeon, so he was specifically fond of the surgery side of women's healthcare during his rotations. Now, as a physician in Sarah Bush Lincoln's Women's Healthcare, he's drawing on his 20-plus years of surgery experience to impact women's lives.

For 18 years, Dr. Sierra specialized in surgeries, such as gynecologic cancer and incontinence, and in the last eight years, he has performed surgeries with the Da Vinci surgical system, which is offered at SBL. He believes using robotics has made him an even better surgeon because he can perform a hysterectomy or pelvic organ prolapse surgery and help women recover much quicker.

Because of this, he is very excited to be using SBL's Da Vinci surgical system to help women in the community. "To help women get back to a normal lifestyle is so gratifying to me," Dr. Sierra explained. "That bond you create with them is wonderful."

As a native Spanish speaker, Dr. Sierra believes his bilingualism is another way he can connect with women and help them even more. "It can make a big difference for someone who may not have the ability to speak English well, but she can see me and know that I can help them in Spanish and understand their culture," Dr. Sierra explained. "I didn't learn English until I was in medical school, so I know how they feel when they don't understand English."

Dr. Sierra is excited to be a part of SBL Women's Healthcare. When he first visited SBL, he was impressed with the other providers and the facilities, and he looks forward to caring for women in the community and helping them address their healthcare needs. Dr. Sierra is eager to become involved in the community too. "My hope is to establish myself here and retire here," he explained. "That will be awhile from now, but that's what I want to happen."

Welcomes

Manisha Shah, MD Obstetrics & Gynecology

Obstetrician/Gynecologist, Manisha Shah, MD, understands the impact she can have on women's gynecological health.

A board-certified practitioner and Diplomate of the American Board of Obstetrics and Gynecology, Dr. Shah is passionate about the lives of the women she treats. Her journey to becoming an OB/GYN physician wasn't just about choosing a career path; it was about choosing a purpose.

"It was about being present at the most pivotal moments in a woman's life," Dr. Shah explained. "The first fluttering heartbeat, the joy of childbirth or the complexities of menopause. My role is to be a guide, a confidante and a champion of women's health and well-being."

Dr. Shah grew up and completed her medical school education in India. She finished her residency training in Obstetrics & Gynecology in Pittsburgh, and she has practiced in Illinois since 2010.

Since then, Dr. Shah estimates that she helped deliver more than 1,000 babies, and she loves helping women through that experience. "It's hard to put into words what it's like to help bring a beautiful life into this world," she said. "I have two children myself, but every time I deliver a newborn, it's magical. Thinking about all the excitement and happiness gives me goosebumps."

Dr. Shah is excited to be part of Sarah Bush Lincoln's Obstetrics and Gynecology staff. She previously worked with Obstetrician/Gynecologist Carlos Sierra, MD, the other newest member of SBL Women's Healthcare, and after meeting the other SBL providers, she was blown away. "The physicians are all very nice and are happy at SBL, and they work really well together as a team," Dr. Shah



explained. "Once I got here, it made me feel like this was the place where I should've always been."

Caring for women in small communities is Dr. Shah's passion because it's where she builds bonds with women and guides them through their health journey. "Helping women in tight-knit communities makes me feel like I'm really making a difference in their lives," she said.

Women's healthcare is very personal to Dr. Shah. She strives to help women understand and take control of their health, but she also encourages them to be open with her. Being a professional, emotional, mental and spiritual support system for the women she treats is rewarding for Dr. Shah, but also a crucial part of her bond with women. "It's a privilege to have women trust me with their care," Dr. Shah said. "I treat women with the same dedication that I would my own mother, sister or daughter."



Dr. Sierra and Dr. Shah care for women in SBL Women's Healthcare, Suite 201, located in the Health Center. To schedule an appointment with Dr. Sierra or Dr. Shah, call **217 258-4030**.

Cross-Country Care

Dr. Bonutti's expertise drew Oregon woman to Effingham twice.

Over the past six years, long-time Oregon resident Joyce Graham has travelled to Effingham not once, but twice, to have her knees repaired by Orthopedic Surgeon Peter Bonutti, MD.

In 2017, Dr. Bonutti replaced Joyce's left knee after she was struck by a car. In August, he performed a partial replacement of the right knee because she suffered from constant arthritis pain. Joyce had heard about Dr. Bonutti's skills and reputation from her brother, another of Dr. Bonutti's knee replacement patients.

Like Joyce, her brother had been willing to travel for superior care. After reading an AARP article that Dr. Bonutti had authored, Joyce's brother flew from Alaska to have Dr. Bonutti perform the knee replacement. The siblings' trust in Dr. Bonutti paid off, as both recovered exceptionally well from their procedures and are now enjoying an improved quality of life.

When Joyce's arthritis pain became so severe that it prevented her from being active, she knew she had to act. Doing yardwork, tending to her garden and going for walks are crucial to her health and happiness. "My surgery and recovery went so well the first time I visited [Dr. Bonutti] that I knew I could go back and get the same quality of care," she said.

Getting to each appointment at the SBL Bonutti Clinic was difficult, but the result was worth the effort, Joyce

said. Throughout the process, she stayed at her daughter's home in Davenport, Iowa, and her daughter drove her to Effingham as needed. The surgery went smoothly, and Joyce recovered back home in Oregon. "I spent quite a lot of time outside after the procedure because I was able to walk much better," she explained.

Having had two cross-country trips for surgeries, Joyce is thankful for Dr. Bonutti and the excellent care she received. "He explains everything for you to understand, and he assures you that everything will be ok," she said. "He even made a happy face and initialed my knee. What fun!"

Joyce is grateful to the rest of the orthopedic staff members she encountered at the SBL Bonutti Clinic, as well, saying that they made the process easy for her. She was impressed that they continued to check on her progress once she returned home.

Getting to the SBL Bonutti Clinic may have been arduous, but with the results she's seen, Joyce is extremely happy for the brotherly advice she received and for the life-changing care that followed.



Peter Bonutti, MD



To make an appointment or more information about SBL Bonutti Clinic Orthopedics, call **217 342-3400** or for SBL Orthopedics & Sports Medicine in Mattoon, call **217 238-3435**.

Courses, Classes and Support Groups

Wellness

Center for Healthy Living

A medical center through which participants receive a custom-designed exercise and lifestyle program to manage chronic illnesses. Provider referral is required.

■ 217 238-3488

This program is funded in part by WomenConnected, a women's giving circle within the SBL Health Foundation.

First Aid for Emergencies; Adult and Pediatric CPR

Instructors certified by the American Heart Association. Scheduled periodically, \$50 fee for each class.

■ 217 258-2403

Hearing Aid Services

Offered at Sarah Bush Lincoln and SBL Effingham Clinic. 217 258-2568

Living with Diabetes

This program is for people with diabetes and focuses on managing it through nutrition and exercise.

■ Paula Enstrom, RN, 217 238-4808

Pulmonary Rehabilitation

This program is for people with COPD, Pulmonary Fibrosis and other respiratory conditions.

■ 11 am, 12:30 pm, 2 pm every Tues. and Thurs. in the METS department.

■ Cathy Matheny, RTT, 217 238-4973

Financial Assistance

Affordable Care Act

Certified Application Counselors are available to help with Marketplace enrollment in the following counties: Coles, Clark, Cumberland, Douglas, Edgar, Effingham, Jasper, Moultrie and Shelby.

■ 217 238-4994

Financial Assistance

If you have any questions about the SBL Financial Assistance Program, please call Patient Financial Services between 8 am and 4:30 pm, Mon. through Fri.

■ 1-800-381-0040

■ Forms may be downloaded from www.sarahbush.org

Prepared Childbirth

Oh, Baby! Prenatal Education

Oh, Baby! offers a variety of comprehensive prenatal and infant care educational classes to help expectant and new parents and their babies get off to a great start. Preregistration is required. Please check the website for the most current class schedule. Some classes have a fee.

Financial assistance is available.

■ Allison Masse, RN, IBCLC, ICCE, 217 258-2229

■ sarahbush.org/ohbaby

Support Groups

Bariatric Support Group

- 6 to 7 pm, third Tues. of the month
- SBL Center for Healthy Living Meeting Room
- 217 238-4961
- Zoom option available

Diabetic Support Group

- 7 pm, second Tues. of the month in March, June, Sept. and Dec. at SBL
- Cindy Foster, RD, certified diabetic educator, 217 258-2135

Ostomy Support Group

- Evening meetings four times a year in Mattoon and Effingham. Call for dates, times and locations.
- Jenna Vogel, APRN, CWOCN, 217 238-4804

Grief Support Group

A support group open to anyone who has lost a loved one.

- 6:30 to 8 pm, first Wed. of each month
- Prairie Pavilion 2
- SBL Hospice, 1-800-454-4055

Sarah Bush Lincoln Walk-In Clinics

We're here when
you need us.

No appointments.

7 am – 7 pm / Monday through Friday

8 am – 3 pm / Saturday and Sunday*



MATTOON

200 Dettro Drive
217-238-3000



CHARLESTON

2040 Lincoln Ave.
just east of IL Route 130
217-345-2030



EFFINGHAM

1303 West Evergreen
SBL Bonutti Clinic, Entrance B
217-540-6123



TUSCOLA

1100 Tuscola Blvd.
217-253-4764



VANDALIA

1442 N. 8th St., Suite C
618 283-0266

*Open 9 am to 4 pm on
Saturday and Sunday.

**Wait time feature not available
for this location.



Use your cell phone camera to scan this code to visit

sarahbush.org.

Use the "Walk-In Clinic Wait Time" feature at the top of the webpage for current wait estimates at each of the walk-in clinic locations.**



1000 Health Center Drive
PO Box 372
Mattoon, Illinois 61938-0372



Printed on recycled paper.



Did you know?
**Early colorectal cancer
often has no symptoms?**

Free Colon Cancer Screens

A limited number of **free** colon cancer screening kits are available on a first-come first-served basis.

Where and when can I get a kit?

Available while supplies last. Your kit must be picked up in person.
11am to 1pm

Friday, March 1

- ▶ *SBL Effingham Walk-In Clinic*
SBL Bonutti Clinic - 1303 W. Evergreen Ave., Suite 103

Friday, March 8

- ▶ *SBL Charleston Walk-In Clinic*
2040 Lincoln Ave., Suite 100

Friday, March 15

- ▶ *SBLFCH Vandalia Walk-In Clinic*
1442 N. 8th St., Suite C

Friday, March 22

- ▶ *SBL Mattoon Walk-In Clinic*
200 Dettro Dr.

Friday, March 29

- ▶ *SBL Tuscola Walk-In Clinic*
1100 Tuscola Blvd.

The free kit you receive allows you to easily collect a stool sample in a plastic container. Return it discreetly in a provided blue bag to the Sarah Bush Lincoln Walk-In Clinic where you received it. Please return the kit by **April 5.**

For more information on colorectal cancer screenings, screening recommendations or to print a registration form to save time, please visit sarahbush.org/cancerscreens/ or use your phone's camera to follow the link to the web-page.

